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ABSTRACT

Materials on food and nutrition which are available from nearly 80 sources, are listed in this document. The organizations listed include food producing companies, industry representatives, insurance and utilities companies, and a small number of nonprofit agencies. Materials include informational pamphlets and other publications, recipes, catalogs, posters and slides. Cost, if any, is noted. Suggestions for ordering items are offered. (GC)

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ED151473

SOME SOURCES OF FREE OR INEXPENSIVE MATERIALS ABOUT FOOD AND/OR NUTRITION

Prepared for the Nutrition Workshops
Teacher Center
Hunter College
New York, New York

Prepared by Professor B. Samalonis

December, 1977

UD 018 019

U S DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

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Bernice Samalonis

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC) AND USERS OF THE ERIC SYSTEM."

NOTES

***Generally, the materials listed are booklets or flyers. Other types of materials are listed under specific headings such as POSTERS or KITS.

***To expedite the ordering of materials, prepare a form letter and make multiple copies of it. Then, when you wish to order any materials, you will merely add the date, the items requested, and your signature to the form letter.

***If no subdivision of the organization is given in the address, be sure to put the following words on the envelope:
ATTENTION: CONSUMER SERVICES DEPARTMENT.

***Organizations send materials only while the supply is available. If the supply of a specific item is exhausted, you may receive copies of other pertinent publications or a catalog of available materials.

ALLOW 4 TO 6 WEEKS FOR DELIVERY OF THE MATERIALS!

***Finally, remember that organizations move to other locations; so addresses change. If you are using an old list of addresses, the Post Office may return some of your letters with this comment: NOT AT THIS ADDRESS.

American Egg Board
205 Touhy Ave.
Park Ridge, IL 60068

Always eggs. . .all ways 10¢

American egg board catalog of materials

Answers to often asked questions about eggs 1¢

Baked eggs 2¢

Breakfast in 5 minutes or less 1¢

Chicken with an international flair 1¢

Compare the price. . .eggs are a better buy 25¢/100

Crepes, crepes, crepes 1¢

Dining with eggs from dusk 'til dawn 1¢

Eggs cooked in the shell 2¢

Fried eggs 2¢

Kids in the kitchen 1¢

Omelets by candlelight for two 1¢

Omelets--plain or French and puffy 2¢

Poached eggs 2¢

Prize winning egg recipes 8¢

Reputation-making recipes for the occasional cook 1¢

A scientist speaks about egg products 1¢

A scientist speaks about fowl 1¢

A scientist speaks about salmonellae and eggs 1¢

POSTERS

The incredible egg 40¢

The incredible egg makes a better breakfast 40¢

SLIDES

Egg basics $4.20

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American Institute of Baking
400 E. Ontario St.
Chicago, IL 60611

Bread in the making 35¢

Food and you 25¢

Order blank listing and describing available materials

Wonder of you 30¢

MOBILE

Food mobile 80¢

POSTERS

Foodway to follow 35¢

Your guideline to nutrients 40¢

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American Vegan Society
Box H
Malaga, NJ 08328

AHIMSA--Free sample copy of this periodical

Ball Consumer Products
1509 S. Macedonia Ave.
Muncie, IN 47302

Catalog--Food preservation teaching aids

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Beecham Products
PO Box 1467
Pittsburgh, PA 15230

Fresh fruit recipes

****

Best Foods, CPC International
RFD Box 373
Coventry, CT 06238

POSTERS

The no-fail, no fuss white sauce

The ultimate fresh fruit pie

Best Foods, CPC International
Englewood Cliffs, NJ 07632

From garden to jar with Karo light corn syrup

****

Brooke Bond Foods
2 Nevada Drive
Lake Success, NY 11040

Ehlers' world of flavor

Calavo Growers of California
Box 3486 Terminal Annex
Los Angeles, CA 90051

Environmentally-grown tomatoes--the agriculture of tomorrow

49 family favorites with California figs

How to grow your free avocado tree

Recipe leaflets for avocados, coconuts, dates, figs, kiwi fruit, limes, mangos, papayas, and pineapples

POSTERS

Commodity availabilities

California Apricot Advisory Board
Suite H
1295 Boulevard Way
Walnut Creek, CA 94595

All about apricots

Gourmet for everyday with an accent on apricots

Party happenings with those fabulous apricots

Those fabulous fruits--teachers guide

Wizardry with dried apricots

CALCULATOR

Canned fruit nutrition calculator

POSTERS

How many yummy things can you think of that are made with fruit?

PUZZLES AND/OR GAMES

The great and fruity word hunt

The "guess which fruit is in the can" game

The tricky apricot maze

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California Raisin Advisory Board
PO Box 5335
Fresno, CA 93755

Raisin' flags 'funds

California Tree Fruit Agreement
PO Box 4640
Sacramento, CA 95825

A hundred heavenly ways to serve the fruits of summer

****

Cereal Institute
1111 Plaza Drive
Schaumburg, IL 60195

Breakfast and today's lifestyles

Breakfast cereals today (reprint)

Changing foods in changing times--guide to use of film on cereals

Facts about the foods you eat

Food facts you should know

The increasing importance of grain foods

POSTERS

Nutrition facts to guide your food choice

SLIDES

The increasing importance of grain foods

Colombia Information Service
140 East 57th Street
New York, NY 10022

The story of Juan Valdez and the coffee tree

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Conference Board
845 Third Ave.
New York, NY 10022

Food: a global perspective, road maps of industry #1755

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Consolidated Edison Company of New York
4 Irving Place
New York, NY 10003

Consumer news, September, 1977, contains a section on "appliances are energy eaters"

Good food shopping--a method to the madness

How to save energy around the kitchen

How to save gas and money, too

How to use electricity and gas wisely and safely and save money, too

Programs, exhibits, and literature from Con Ed

What food labels tell you

POSTERS

Enjoy good meals with little or no cooking. . .and smile!

Del Monte Corporation
PO Box 3575
San Francisco, CA 94119

Basic 4 student guide (also available in Spanish) 1¢

Can crafts 25¢

Del Monte nutrition guide 10¢

Diet evaluation sheets 1¢

Focus on dried fruit 15¢

Put these to use when you turn on the juice

Teaching aids from Del Monte

Tomato recipes

POSTERS

Basic 4 wall chart (also available in Spanish) 20¢

Growing rule 50¢

Diamond Walnut Kitchen
Suite 2004
601 California St.
San Francisco, CA 94108

Diamond walnuts, America's no. 1 cookie nut

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Dow Chemical Co.
PO Box 68511
Indianapolis, IN 46268

Saran wrap and microwave. . . the perfect pair

****

Doxee Food Corporation
8323 Pulaski Highway
Baltimore, MD 21237

The Bennett's chili sauce relish unique ideas recipe book

Clam recipes

****

Dried Fig Advisory Board
PO Box 709
Fresno, CA 93712

California dried fig recipes. . . serving ideas

California figs

California figs--so-o-o good, so good for you!

Edison Electric Co.
90 Park Ave.
New York, NY 10016

A consumer's guide to portable appliances

How to use your electric range for all it's worth

Department of Citrus, State of Florida
PO Box 148
Lakeland, FL 33802

The care and handling of Florida orange juice

Every day we get up

The great awakening

Have a nice day

Let's learn about breakfast

Look inside yourself

Teach about breakfast

Why breakfast at school?

Why we're having breakfast at school

POSTERS

Breakfast

Breakfast energy

Breakfast for a better day

Breakfast right, think right

Snack light, snack right

R. T. French
1 Mustard St.
Rochester, NY 14609

Cooking outdoors

Easy entertaining

List of educational and promotional materials

Meals with a flair

Nutrition Information

French's extracts
fried potato products
gravy makin's
mashed potato products
potato casseroles
prepared mustards
sauce mixes for chicken
--miscellaneous
--spaghetti
seasoning mixes, I and II
spices and blends

110 prize winning main dish recipes from French's recipe hunt

Table for two, Lessons I, II, III, IV, and V

12 bar-b-q sauces

<u>POSTERS</u>

The mighty potato--storehouse of good nutrition

The wonderful wonderful world of seasoning

Your keys to culinary excellence

General Foods
250 North St.
White, Plains, NY 10625

Tested recipes--jam

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General Mills
400 Plymouth Building
Minneapolis, MN 55440

Create a casserole--tuna helper

More for the oven--hamburger helper

General Mills
Box 1112
Minneapolis MN 55440

12 recipes featuring golden grahams

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Gerber Products
Fremont, MI 49412

Infant nutrition--teachers' manual

Sitting safely--includes information on nutrition for infants and children

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Green Giant Co.
Le Sueur, MN 56058

Versatile vegetables--vegetables. . .the hidden treasure

POSTERS

Versatile vegetables--the ABC's of beauty

Versatile vegetables around the world

Versatile vegetables--fun foods 'round the clock

Versatile vegetables--meatless main dishes

Versatile vegetables--microwave magic

Versatile vegetables paint a pretty picture

Versatile vegetables play their part in good meal planning

Versatile vegetables--see how they grow

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Growers Peanut Food Promotions
PO Box 1709
Rocky Mount, NC 27801

All about cooking peanuts

Recipes using peanuts--nutrition in a nutshell

Thoughts on peanuts

POSTERS

Peanut plant and its botanical origin

H. J. Heinz Co.
1062 Progress St.
Pittsburgh, PA 15212

Recipes and pictures of foods made with Heinz 57 sauce

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Hershey Foods Corp.
Hershey, PA 17033

POSTERS

The gift of Montezuma

Idaho Potato Commission
PO Box 1068
Boise, ID 83701

Introducing the V.I. P. from Idaho (Very Important Potato)

Kerr Glass Manufacturing Corporation
Box 97
Sand Springs, OK 74063

Kerr Home Canning and Freezing Book $1.00

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Kool-Aid
PO Box 789
Kankakee, IL 60901

Recipes for the cream of cream pies

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Kraft, Inc.
P.O. Box 730
Chicago, IL 60677

Great get-togethers with ground meats

Lea and Perrins
1501 Pollitt Drive
Fairlawn, NJ 07410

KITS

The magic of flavor packet--contains teacher's guide, filmstrip, quiz for students, and recipe leaflets

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Mary Martin Hale
Home Economics Department
Libby, McNeill, and Libby
200 S. Michigan Ave.
Chicago, IL 60604

PORTFOLIO

Mary Hale Martin portfolio, Libby's shop and serve guides to canned and frozen foods--contains these booklets, flyers, and labels:

- Food shopping in the computer age
- A guide for buying canned and frozen vegetables
- A guide for buying Libby's canned and frozen fruits
- A guide to canned meats and seafood
- A guide to desserts plain and fancy
- A guide to juices and drinks
- A guide to salad artistry
- Honest to goodness pumpkin recipes
- Mary Hale Martin helps when friends drop in
  introduces salads for the seventies
  offers international specialties
  presents desserts that delight
  says holidays are party days
  suggests morning and midday meals
- Sample labels
- Some good things to know about a delectable drink called. . . big red
- Teaching about canned and frozen foods

Thomas J. Lipton
800 Sylvan Ave.
Englewood Cliffs, NJ 07632

Food facts from Rutgers #2

Freeze-drying of foods

The world of tea

Thomas J. Lipton
40 New Dutch Lane
Fairfield, NJ 07006

Lipton make a better burger

****

Louis Sherry Ice Cream
40 Franklin Ave.
Brooklyn, NY 11205

Ice cream almanac

Mc Cormick & Co.
414 Light St.
Baltimore, MD 21202

Cooking magic with herbs and spices

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McIlhenny Co.
Avery Island, LA 70513

Back to homemade cooking

Serve food with a flair

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Department of Economics and Community Development, State of Maryland
2525 Riva Rd.
Annapolis, MD 21401

Chesapeake Bay bluefish recipes

Chesapeake Bay clam recipes

National Dairy Council
6300 River Rd.
Rosemont, IL 60018

Comparison cards (graphs showing nutrients in 57 foods) $5.00

National Dairy Council's nutrition education materials, 1977

Where we get our food 60¢

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National Kraut Packers Association
Box 31
St. Charles, IL 60174

Put some kraut in your life 25¢

Sauer kraut recipe book

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National Macaroni Manufacturers Association
PO Box 336
Palatine, IL 60067

Entertaining with pasta

For weight control. . .use your noodle

Macaroni is number one

One-pot pasta suppers--easy, economical and fun

Pasta primer

12 award-winning pasta recipes

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Nestlé Test Kitchens
100 Bloomingdale Rd.
White Plains, NY 10605

Nescafé coffee makes great recipes, too

Taster's choice--the coffee around the clock

New York and New England Apple Institute
PO Box 833
Westfield, MA 01085

Apple kitchen cookbook $1.00

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New York Heart Association
2 E. 64th St.
New York, NY 10021

The way to a man's heart

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New Zealand Lamb Co.
800 Third Ave.
New York, NY 10022

Lamb recipes

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North American Vegetarian Society
501 Old Harding Highway
Malaga, NJ 08328

Facts of vegetarianism

Ocean Spray Cranberries
Hanson, MA 02341

The scoop on cooking with cranberries year 'round

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H. Olsen & Co.
4332 N. Kedzie
Chicago, IL 60618

Little celebrations--easy recipes made special with candy

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Open Doors: School-Business Partnerships
Public Education Association
20 West 40th St.
New York, NY 10018

1976 open doors--business and community resources available to New York City schools (Contains sections pertaining to food and health)

Survival skills (Contains section on consumer education)

What's cooking? who's cooking our food?

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Consumer Relations
Oscar Mayer
PO Box 7188
Madison, WI 53707

Bacon

Bologna

Calories

Claussen pickle fact sheet

Composition

Consumer concerns--an industrial viewpoint (reprint)

Consumer first (reprint)

Consumer information from Oscar Mayer

Eating less meat won't help feed hungry world population (reprint)

Freshness dating

Ham

How can I tell if it's fresh? (reprint)

Ident-a-sausage

Ingredient or additive?

Life begins at 40°

101 menu ideas from Oscar Mayer

Oscar Mayer's wiener recipe

Pork sausage

Read the label

Sodium nitrate, sodium nitrite, nitrosamines

PACKETS

Six-in- one guide to good eating

PORTFOLIOS

Hot dog

Nutrition

POSTERS

Sausage I.D.

Pomona Products
PO Drawer B
Griffin, GA 30224

Pomona sunshine pimentos can be so helpful

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Proctor and Gamble
PO Box 14009
Cincinnati, OH 45214

Materials for educators

KITS

Food preparation: part 1, food facts for home
part 2, facts about food service
Contains: resource guide, visuals for making transparencies, worksheets on spirit masters, and wall chart. $1.50 at conferences

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Prudential Insurance Company of America
Prudential Plaza
Newark, NJ 07101

It's fun to be healthy

There's more to food than eating

Peanut Associates
10 E. 40th St.
New York, NY 10016

Peanut cookbook (Georgia recipes)

Peanuts and peanut butter

The swinging world of peanuts

A treasury of best loved Alabama peanut recipes

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Pet Incorporated
400 S. 4th St.
St. Louis, MO 63166

The heartland recipe book

Meal planning guide

Recipes using Pet evaporated milk

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Pickle Packers International
PO Box 31
St. Charles, IL 60174

Stop! save pickle liquid for these delicious recipes

Teaching aids

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Pillsbury Co.
Box 60-090
Minneapolis, MN 55460

Educational materials from Pillsbury

Quaker Oats
Box 14302
Dayton, OH 45414

Grains in your world--booklet containing spirit masters and suggestions for activities $1.00

Ragú Foods
1680 Lyell Ave.
Rochester, NY 14606

News from Ragú

Ragú spaghetti sauce--Italian pasta meals

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Reynolds Metals Co.
PO Box 27003
Richmond, VA 23261

Beef and vegetables in the brown-in-bag way

Microwave magic with brown-in-bag cooking

****

The Rice Council for Market Development
PO Box 22802
Houston, TX 77027

American rice. . .in the diet

Facts about American rice

The fourth R

Man-pleasing recipes

Quick and easy rice salads for any occasion

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Thos. D. Richardson Co.
PO Box 4719
Philadelphia, PA 19134

Touch of mint recipe book

Rival Manufacturing Co.
36th and Bennington
Kansas City, MO 64129

How to adapt a typical recipe

Making things for a better you, 1977-78

The original crock-pot slow electric stoneware cooker cookbook

A teaching manual on slow cooking

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RJR Foods
Winston-Salem, NC 27102

The terrific tortilla

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Roquefort Association
41 E. 42nd St.
New York, NY 10017

Roquefort chefmanship recipes

Kitchens of Sara Lee
PO Box 8499
Clinton, IA 52732

Serve a surprise

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Sioux Honey Association
509 Lewis Blvd.
Sioux City, IA 51102

Sue Bee "honey magic" recipes 25¢

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Standard Brands Educational Service
PO Box 2695
Grand Central Station
New York, NY 10017

Appliance cooking for all seasons

The blue bonnet margarine book of creative cookery (booklet for student plus teacher's guide)

Delicious low-sodium diets

Fleischman's bake-it-easy yeast book

Fleischman's yeast presents the baker's dozen

Low saturated fat diets (lesson plan)

Mr. Peanut's guide to ecology
entertaining
nutrition (booklet for student plus teacher's guide)
physical fitness
tennis

Planters peanut oil's guide to sensational salads and masterful dressings

Sensible eating can be delicious

The young cook's bake-a-bread book

The young cook's bake-a-bun book

POSTERS

Cool rise yeast baking

Food exchange list

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Steedman, Cooper and Busse
755 Davis St.
San Francisco, CA 94111

California nectarine news

For fresh California bartlett pears

Frosty fruits of summer

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Home Economics Department
Stokely-Van Camp
941 N. Meridian St.
Indianapolis, IN 46206

Are vegetables doing their "thing" for you?

Enjoying vegetables, teacher's guide--contains transparency and spirit masters $1.00

List of educational materials

Mini menus for singles and doubles 10¢

Nutrition news and values

Put a little spice in your life 1¢

Successful vegetable cookery 1¢

The vegetable tribune

Yesterday's goodness made easy for today 25¢

POSTERS

Here's how we put nature in a can 2¢

Variety gives nutritional balance and makes meals interesting 5¢

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Sunkist Growers, Inc.
14130 Riverside Drive
Sherman Oaks, CA 91423

Happiness is: good food, good friends, good health (periodical for senior citizens)

How to make perfect lemon meringue pie from Sunkist

The inside story (and the outside too) of fresh citrus fruit

Questions and answers about vitamin C and fresh citrus fruits

When the doctor says "limit sodium" think fresh lemon

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Swift & Co.
41st and South Laflin Streets
Chicago, IL 60609

All about turkey

Convenient recipes with Swift Premium brown 'n' serve sausage

Tasty blue cheese recipes

The winning combination (comic book)

Tea Council of the U.S.A.
230 Park Ave.
New York, NY 10017

The story of tea

Two leaves and a bud

What you should know about tea

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Tyson Foods
Drawer F
Springdale, AR 72764

Tyson cornish headliner recipes

Underwood
1 Red Devil Lane
Westwood, MA 02090

The quick book--recipes for sandwiches, main dishes, party foods, and snacks

****

Information Center on Children's Cultures, UNESCO
331 E. 38th St.
New York, NY 10016

Global interdependence and world food supply--simulation/role playing exercise

An international unit for grades 7-9: cereal grains and legumes against world hunger

Publications and educational materials

Washington State Apple Commission
PO Box 18
Wenatchee, WA 98801

From this tree. . .the story of Washington apples

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Welch Foods
PO Box 207
Valhalla, NY 10595

News from Welch foods

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Western Iceberg Lettuce
PO Box 9123
San Francisco, CA 94129

All-American salad favorites

Recipes using lettuce plus photographs of prepared dishes
- Catalina or antipasto salad
- Crab basket salad
- Dilly beef cartwheel sandwich
- Iceberg lasagne salad
- Smokehouse sandwiches

The shape savers

Snack and luncheon ideas with western lettuce and celery

WIL lettuce news

KITS

Western iceberg lettuce--the main attraction. Kit contains:
- 2 booklets (All-American salad favorits and The main attraction--Western iceberg lettuce)
- 1 filmstrip (Western iceberg lettuce--the main attraction)
- 1 poster (Lettuce in the spotlight)

Wheat Flour Institute
710 North Rush St.
Chicago, IL 60611

20 best sandwich recipes of 1977